

Enhanced Disease Management Program Coming in July

Starting July 1, 2006, the third phase of the Governor's Wellness Initiative, an **Enhanced Disease Management Program**, will be made available.

This program will address three chronic conditions:

- **Congestive Heart Failure**
- **Diabetes**
- **Asthma**

Resources such as special medical equipment, counseling and reference materials will be available to assist individuals in effectively managing these conditions.

The goal of the disease management program is to use the latest proven medical knowledge to help participants stay healthy, live longer and improve their physical and emotional well being.

Watch for more information concerning this new wellness program.



January 27, 2006

Dear Fellow State Employee,

As we look ahead to 2006, the State of Idaho is in the process of implementing several wellness related programs to help you in your efforts toward better health. We will begin by launching a tobacco cessation program on February 1, 2006. Through our partnership with **Blue Cross of Idaho**, help will be made available for those employees, family members and retirees who wish to quit smoking or using other tobacco products.

Approximately twenty percent of state employees use tobacco. Smoking harms every organ in the body and second-hand smoke harms co-workers and loved ones. We also know that seventy percent of tobacco users want to stop, but only 2.5 percent are able to do it on their own. Tobacco cessation efforts, such as the one we are implementing, will increase the likelihood of quitting.

To help those wishing to quit, free tobacco cessation counseling will be offered through the Idaho Quitline to ensure your success. The program will also provide pharmaceutical quit aids to tobacco users who enroll in the program for a \$10 member co-pay for a month supply.

Other exciting wellness programs will also launch this year. A **weight loss program** will start during March 2006 and an **enhanced disease management program** will be offered beginning July 1, 2006—we will provide more information on these programs before implementation.

Your health is important and I believe, with the right assistance to develop healthy habits, we will all enjoy a better quality of life.

Sincerely,

DIRK KEMPTHORNE
Governor



First Phase State of Idaho's Wellness Program

Tobacco Cessation Program Outline and Instructions

In his letter of January 27, 2006, Governor Dirk Kempthorne announced the start of the tobacco cessation segment of the statewide wellness program for State of Idaho employees, retirees and dependents.

Inside this brochure are details about the Tobacco Cessation Program and sign-up information.

Idaho Quitline, Quit-Aids and Trained Counselors Available

You Can Quit Using Tobacco - We're Here to Help!

I want to quit smoking.

Now what?

Congratulations!

You have made an excellent choice to stop using tobacco. It may just save your life. Following are step-by-step instructions on how to get the help you need. Good luck.

You *can* quit using tobacco!

Call the Idaho Quitline at:

1- (800) QUIT-NOW

1- (800) 784-8669

You will speak with a **trained counselor** who will ask you questions about why you want to quit. **All services are confidential.** The counselor will assess your readiness to quit and together you will plan a quit date.

Idaho Quitline
1- (800) QUIT-NOW
1-(800) 784-8669

Or visit:

www.idaho.quitnet.com

When to call:

1-800-QUIT-NOW counselors are available:

Monday -Thursday, 7am - 9pm

Friday, 7am - 7pm

Saturday & Sunday, 8am - 4pm

24-hour Voice Mail

There will be a \$10 co-payment for every thirty-day supply of quit aids. Please provide the pharmacist with your **Blue Cross of Idaho identification card to receive the quit aids.**

A counselor from Idaho Quitline will contact you to start your telephone **counseling sessions.**

Online information and chat lines are also available to you 24/7.

The rest is up to you.

Remember, **changing a behavior is not easy**, especially one that you have been doing for many years.

Take it one day at a time.

More Wellness Information at:

<http://adm.idaho.gov/insurance/wellness/wellness.html>

New Weight Loss Program Launches This Spring

By taking care of your health, you are not only improving your quality of work, you are improving your quality of life. The benefits of healthy eating, physical activity and abstinence from unhealthy behaviors, such as smoking, will help you sleep better, look better and feel better.

As part of **Governor Kempthorne's Wellness Initiative**, a new weight management program will be made available in spring 2006.

This program will help you to identify your target weight and provide access to several nationally recognized weight loss programs that will assist you in achieving your weight loss objectives.

Incentives recognizing weight loss achievements will be built into the program and will be announced soon.

Moderate exercise is also important for effective weight management, so the program will also provide exercise information resources to participants.

